

SCHWARTZ ROUNDS

Northern Health and Social Care Trust

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"Very open and honest stories, applies to a lot of real life scenarios - thought provoking!"

"A fantastic and powerful experience. I could really relate to each of the stories and emotional impact and vulnerability of our work."

"I can see that they all care about their profession."

"Very well developed session. Good participation. Felt safe!"

"Good to learn how the human experience goes across the hospital."

"Impressed upon me that we are all human and need support."

"Extremely well facilitated. Will come again."

"Today has reminded me to take a step back and to see the person not the condition/sickness"

"Excellent uplifting session which inspired me to provide acts of kindness to colleagues as it can make a difference"

"I Felt looked after and cared for and safe to share stories."

SCHWARTZ ROUNDS IN THE NORTHERN HEALTH & SOCIAL CARE TRUST

Where does the name Schwartz Rounds come from?

Named after Kenneth Schwartz, a terminally ill cancer patient, who said that what mattered most to him were the simple acts of kindness from his caregivers, which made "the unbearable bearable". He observed that caregivers' compassion was affected by stresses that affected them and how supported they felt.

What is a Schwartz Round?

It's a safe space, with a structured format for all staff (clinical and non-clinical), to come together to discuss emotional and social aspects of working in health and social care. It is NDT to understand the challenges and rewards of working in healthcare, to solve problems, debrief or discuss clinical aspects of care. It is to humanise healthcare.

How do rounds work?

Every round has 3-4 panellists who each share in 5 minutes their experience according to the theme of the round. Themes can be general topics or specific. Each round has 2 facilitators, who after the panellists have all spoken open up the round to the audience to share their reflections. The facilitators draw out underlying themes that emerge via the discussion.

What is the evidence that rounds are beneficial? ✓

Evidence shows that staff who attend Rounds:

- Feel less stressed and isolated
- Have increased insight and appreciation of other's roles
- Focuses attention on relational aspects of care
- Rounds help to reduce hierarchies between staff
- In order to provide compassionate care staff must, in turn, feel supported at work

Join us. Rounds take place monthly 12.30pm-1.30pm, Antrim Hospital, Post-Grad Centre

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Our Experience after 9 months....

217 ATTENDEES

Nurses, Midwives, Doctors, Social Workers, Porters, AHPs, Managers & Admin

Average of 24 attendees per round

9 ROUNDS

Ranging from 'Simple Acts of Kindness', 'When I was a Patient' to 'When a Patient Dies'

34% heard about the Rounds by word of mouth, 37% by email and 12% posters and 17% other means

98%

"The people we meet are mirror images of us" Agreed that they gained insights that will help to meet the needs of patients

"Very good insight into the light and dark of clinical practice - liked the comment about the need to change emotional gears. Definitely makes me feel closer and more caring towards my colleagues"

97%

"I enjoyed sharing stories and gaining an insight into the issues faced by other staff" Felt that participation in Rounds helped them to work better with their colleagues

"It felt like a safe space - I will come again"

99% ✓

Agreed they would recommend Rounds to others

Join us. Find out more about future Schwartz rounds at: iqienortherntrust.hscni.net